



**MEDITATION CAN
OCCUR IN ANY
QUITE SPACE.**

**TAKE A SOOTHING BATH
SIT ON YOUR PORCH OR DECK IN THE
EARLY MORNING
OR IN THE KITCHEN DURING A
LATE-NIGHT SNACK.**



PRACTICE FOCUSED LISTENING

**HAVE A PAD OF PAPER WITH
YOU AND JUST LET YOUR
MIND FIND CALM.**

**LISTEN TO NATURE AROUND YOU.
FOCUS ON EACH SOUND AND IDENTIFY IT.
YOU CAN USE YOUR PAD OF PAPER TO
WRITE DOWN WHAT YOU ARE HEARING.**

FOCUS ON ONE SOUND AT A TIME.

**IF YOU HAVE A LOT OF
TO-DOS AND YOUR
MIND WON'T STOP
WORRYING ABOUT
THINGS,**

**WRITE IT DOWN.
SPEND 10 MORE SECONDS ON IT, TELL
YOURSELF YOU WILL COME BACK TO IT LATER.**



**THE FIRST FEW TIMES YOU
ATTEMPT TO MEDITATE MAY
FEEL LIKE YOU FAILED,
YOU DIDN'T.**

**MEDITATION TAKES PRACTICE AND WE
ARE ALLOWING OUR MINDS TO ACCEPT
A NEW ROUTINE, A NEW WAY TO WORK.**

**Continue to be mindful of how you feel
before, during, and after meditation,
even if you feel like you are not doing it
correctly you may notice that your mood,
tension, calmness is changing anyway.**